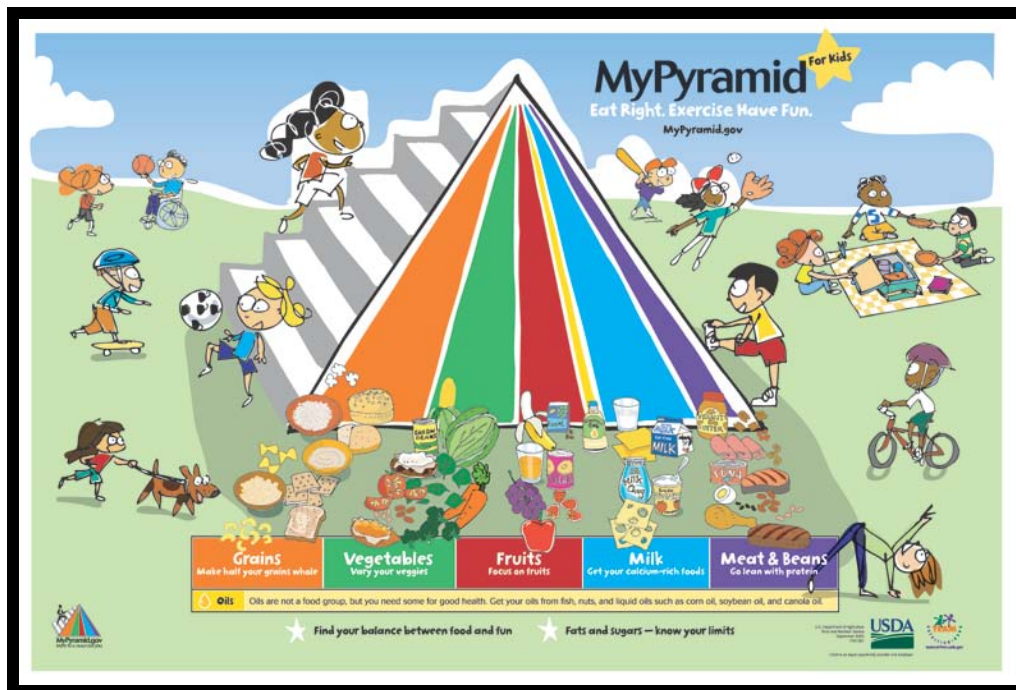


# ***Get Going with Breakfast***

## **How to Start a School Breakfast Program**



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**"I think Breakfast in the Classroom is the single most cost-effective way to improve test scores."**  
— Tony Geraci, Baltimore City Public Schools Food Services Director

Dear Administrator:

If you knew there was one single measure that could increase your students' achievement, improve their behavior, prevent hunger and combat obesity, would you give it a try?

School breakfast programs do just that. Time and again, studies and surveys among teachers, administrators, students and parents have demonstrated the value of serving breakfast as part of the school day.

**Fast facts about school breakfast:**

- Eating school breakfast is associated with improved reading and math grades, attendance and punctuality.
- Participating students show decreases in tardiness and suspensions as well as improved student behavior and attentiveness.
- Adolescents who eat breakfast tend to have a lower body mass index (BMI).
- Research shows that children who have school breakfast eat more fruits, drink more milk, and consume a wider variety of foods than those who don't eat breakfast or have breakfast at home.

**There are many breakfast models to choose from:**

- **Breakfast in the Classroom** — Food is delivered to each classroom and is often combined with attendance-taking and announcements. Participation can reach as high as 98 percent of enrollment.
- **Breakfast after 1st Period** — Food is served mid-morning either in the classroom or cafeteria. Participation can reach 50 percent or more of enrollment.
- **Grab 'n' Go Breakfast** — Breakfast is packaged so students can quickly grab it from the cafeteria or carts elsewhere in the school. They eat it in the cafeteria, the classroom or on the school grounds.
- **Breakfast in the Cafeteria** — Breakfast is served in the cafeteria prior to the beginning of class.

OPI's School Nutrition Programs and Montana Team Nutrition are here to help you start a breakfast program in your school(s). For more information on these breakfast models, please contact School Nutrition Programs at (406) 444-2501 or visit our "Resources" page under [http://opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/](http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/).

Sincerely,

Christine Emerson  
Director, School Nutrition Programs